

YOU'RE  
THINKING  
ABOUT  
QUITTING  
TOBACCO  
WE

JANUARY

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6	7	8	9	10
			16	17
			23	24
			30	31



RESOLVE  
TO HELP

When you call the Arkansas Tobacco Quitline, your New Year's resolution to quit tobacco will be on the right track. You may have tried before, but this time make it stick. A Quit Coach® will help design a quitting plan, which may include free nicotine replacements, specially for you. Enroll today.

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(1.800.784.8669)



Arkansas Department of Health

